In my field of work as an end of life doula, I am finding ways to fill the gap for patients who have been given a terminal diagnosis and are processing this in their lives. It is my honor to come alongside them during this precious time and help remind them what makes them who they are; their personhood- through unconditional positive regard, holding space, and hopefully through dignity therapy and capturing their stories in the future. Learning about the PDQ and practicing it through our breakout session was something I thoroughly enjoyed. **I had the pleasure of interviewing a woman from Winnipeg, Canada, whom I will refer to as “H.”**

When asked “What is something that you would like me to know about what makes you *you,”* “H” started off by expressing to me that while she is currently a social worker professionally, she wears many different hats. One of her most important ‘hats’ is that of being a mom to three boys. It's part of what makes her herself. She shared, happily, that one of her boys is starting kindergarten soon. She enjoys spending time outside with them playing near their pond on the acreage that they live on. “H” revealed that her husband is a coal miner and away for a few days at a time. They are a farming family, and spend plenty of time outside. As an introvert, “H” joked that she can feel herself “going mad in the head” if she doesn’t get time outdoors.

We moved through talking about her role of mom and she disclosed that she is also newly an “Auntie”, as her sister gave birth to a boy just a few days ago. “H” was excited to be in his life and ready to take on that role. Ultimately , it was beautiful to learn a little bit about her life and her story.

I found when it was my time to be interviewed, it was difficult to imagine giving up the roles that currently make me who I am; although not in my entirety. Thinking through what patients are grappling with- the little losses they grieve as their disease starts to take over, filled me with more compassion and a yearning to understand their human experience more. I want to move forward in my practice adding the PQD as an invaluable tool.